



CARBOHYDRATE REFUEL MEAL
POST WORKOUT

Cajun spiced chicken with quinoa

INGREDIENTS (1 serving)

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FREEZABLE

- 10g (0.4oz) coconut oil
- 90g (3.1oz) red/green bell pepper, de-seeded and cut into thin strips
- ½ tsp Cajun seasoning
- 370g (13oz) skinless chicken breast, sliced into 1cm strips
- 350g (12.4oz) pre-cooked quinoa or 115g (4.1oz) uncooked quinoa
- zest and juice of a lemon
- pinch of nutmeg - optional
- 1 scallion, finely chopped
- small bunch of fresh cilantro, roughly chopped

Quinoa used to be an obscure healthy food, but these days it's everywhere – and luckily now you can get it pre-cooked in packets, so you don't have to wait 20 minutes for it to cook. The high protein content of quinoa makes this a great meal for building lean muscle.

METHOD

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Melt the coconut oil in a wok or large frying pan over a medium to high heat. Add the peppers and stir-fry for 2-3 minutes or until just starting to soften.

Increase the heat to a high heat add the chicken, along with the Cajun seasoning. Fry for a further 3-4 minutes or until the chicken is cooked. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Ping your quinoa in the microwave for 1-2 minutes or until piping hot. Stir through the remaining ingredients, pile onto a plate then top with the chicken and pepper mix.